



### Breast Cancer Awareness Month

Breast Cancer Awareness Month  
Risk factors and lifestyle choices to avoid them: Common to all women are daily lifestyle decisions that may affect breast cancer risk. These day-to-day choices involve factors such as poor diet, insufficient physical activity, alcohol use, and smoking. Besides possibly reducing breast cancer risk, lifestyle improvements represent smart steps for a healthier life, since they can help prevent heart disease, diabetes, and many other chronic, life-threatening conditions.

For details on these risk factors and more information on Breast Cancer, view the fact sheet below from the National Breast Cancer Awareness Month web site. [Know the Facts about Breast Cancer.](#)



Guest speaker for the event, Natasha Jarvis, read an essay recounting her personal experience as a child witness to domestic abuse. The 17-year-old high school senior from Laurel County described in moving detail overhearing a violent argument between her mother and father and, the next day, learning her mother had been murdered. Her father was convicted of the crime and sent to prison.

Today, Jarvis focuses on fulfilling her mother's dream for her, that she "become the first Jarvis to make something of yourself." After graduating from high school, she hopes to attend Auburn University and major in small animal medicine.

Governor Fletcher and Tamra Gormley, director of the Division of Child Abuse and Domestic Violence Services, praised Jarvis for her courage in sharing her story and for helping raise awareness of the enormous impact violence in the home has on children as well as domestic violence victims.

Comment from PB: Highlight this event and link to Office of Child Abuse and Domestic Violence Services (<http://gocadvs.ky.gov> )

### Domestic Violence Awareness Month

Domestic violence is a serious crime against the individual and the community. For more information on domestic violence, visit the the Office of Child Abuse and Domestic Violence Services with the Cabinet for Health and Family Services. (<http://gocadvs.ky.gov>)



### Governor Ernie Fletcher signs a proclamation designating October Domestic Violence Awareness Month

Governor Ernie Fletcher Wednesday signed a proclamation designating October Domestic Violence Awareness Month in Kentucky. The CHFS Division of Child Abuse and Domestic Violence Services and Children and Family Services cosponsored the event with the Kentucky Domestic Violence Association.



### After-school programs help keep kids safe

'Lights On Afterschool!' highlights centers' significance for families

Some Kentucky schools kept the lights on after regular hours on Thursday as part of a nationwide observance celebrating the benefits of after-school programs.

"Lights On Afterschool!" was supported in Kentucky by several organizations and public agencies, including the Family Resource and Youth Services Centers (FRYSCs) of the Kentucky Cabinet for Health and Family Services (CHFS). Sponsored nationally by the Afterschool Alliance, "Lights On Afterschool!" highlights the need for more after-school programs that keep kids safe, assist working families and improve academic achievement.

"Child safety is paramount to this cabinet," said Secretary James W. Holsinger, Jr., M.D.





“Quality after-school programs not only keep kids protected, but also may contribute to children’s overall well-being by teaching them social and academic skills and improving their physical health.”

Many of the cabinet’s community partners, including certified and licensed child care providers and social and civic groups -- participated in “Lights On Afterschool!” activities.

Parents can find tips on choosing an after-school program online at <http://www.afterschoolalliance.org>

#### **CHFS officials asked to offer technical assistance to Health Insurance Plan**

Four cabinet officials did not testify on Thursday, Oct. 14, before the House State Government Committee because they were asked by legislative leadership to offer technical assistance on the state employee health insurance proposal.

Secretary James W. Holsinger Jr., M.D., Undersecretary for Health Mark Birdwhistell, Executive Officer for Health Shawn Crouch and Acting Medicaid Commissioner Shannon Turner had been scheduled to testify today but were later excused from appearing by the committee chairman, Rep. Charles Geveden. The four were asked by House and Senate leadership to analyze the plan announced late Wednesday in the House.

All four are prepared to testify if called upon by the House State Government Committee.

#### **October is Earthquake Awareness Month**

##### **Earthquake safety rules:**

An earthquake strikes your area. and for a minute or two the "solid" earth moves like the deck of a ship. What you do during and immediately after the tremor may make life-and-death differences for you, your family and your neighbors. These rules will help you survive.



##### **During the shaking:**

- Don't panic. The motion is frightening, but, unless it shakes something down on top of you, it is harmless. The earth does not yawn open, gulp down a neighborhood, and slam shut. Keep calm and ride it out.
- If it catches you indoors, stay indoors. Take cover under a desk, table, bench, or in doorways, halls and against inside walls. Stay away from glass.
- Don't use candles, matches or other open flames, either during or after the tremor. Douse all fires.
- If the earthquake catches you outside, move away from buildings and utility wires. Once in the open, stay there until the shaking stops.
- Don't run through or near buildings. The greatest danger from falling debris is just outside doorways and close to outer walls.
- If you are in a moving car, stop as quickly as safety permits, but stay in the vehicle. A car is an excellent seismometer and will joggle fearsomely on its springs during the earthquake, but it is a good place to stay until the shaking stops.

##### **After the shaking:**

- Check your utilities, but do not turn them on. Earth movement may have cracked water, gas and electrical conduits.
- If you smell gas, open windows and shut off the main valve. Then leave the building and report gas leakage to authorities. Don't reenter the house until a utility official says it is safe.
- If water pipes are damaged, shut off the supply at the main valve.
- If electrical wiring is shorting out, shut off current at the main meter box.
- Turn on your radio or television (if conditions permit) to get the latest emergency bulletins.
- Stay off the telephone except to report an emergency.
- Don't go sight-seeing.
- Stay out of severely damaged buildings. Aftershocks can shake them down.

### **Presidential Election and Political Activities**

*From Personnel Secretary Robert Ramsey, Sr.*

Pursuant to KRS 18A.190 and KRS 2.190, Tuesday, Nov. 2 is a holiday for state personnel. Due to the presidential election, state offices will be closed, and any employee who is required to work shall receive compensatory pay or time off.

Due to this upcoming presidential election, questions have been raised regarding political activities as they affect Classified Merit System Employees. Please find below a set of guidelines based on the interpretation of KRS 18A.140 for your use. The statute and guidelines may also be found in the Employee Handbook and on the -Personnel Cabinet's website at <http://govnet.ky.gov/personnel/emphb/politic.htm>.

As your employer, state government encourages you to register and vote. To protect you from political pressures in your job, the restrictions below have been placed upon your political activities. The KRS 18A.140 lists the political activities you may or may not do as a state merit system employee.

### **Focus Groups begin soon for Dress Policy**

During the employee forums held in July, Secretary James Holsinger confirmed that the cabinet will implement a dress policy. The Office of Human Resource Management (OHRM) will seek employees' input on the policy through a series of focus groups.



The focus groups will include employees who represent a cross-section of the cabinet, with one exception: Employees who work in occupations that require job-specific work attire, such as patient aides or security personnel, will not be included.

Based on experience gained from a pilot focus group, OHRM will replicate that process with

several small groups throughout the cabinet during October and November. Information and ideas gathered from the focus groups will be used to draft a dress policy, which will be submitted to CHFS leadership for approval. Employees can expect to see a dress policy early next year.

### **CHFS Strategic Planning Initiative Under Way**

*By Duane Kilty, Ph.D.*

Governor Ernie Fletcher has identified several critical priorities for the Commonwealth of Kentucky that directly relate to health and human services. On Sept. 30 and Oct. 1, the cabinet's senior management team met to develop a new strategic plan that supports the governor's priorities and establishes our direction for the coming years. At the conclusion of the two-day session, the team had drafted the cabinet's mission and vision statements and begun to build the framework for other key components of the CHFS strategic plan.

The strategic planning process will place greater emphasis on continuous quality improvement, which aligns and integrates key business processes and links daily activity to strategic initiatives. The leadership team will finalize the plans and begin implementing the process within all levels of the organization.

Secretary James W. Holsinger's goal is to put into practice a planning process that will include all CHFS staff. Each employee will then have the opportunity to see his or her direct contribution to the overall "health" of the organization.

Look for monthly updates as the CHFS strategic planning initiative moves forward.

### **Weekly Health Tips:**

To stay warm and safe all winter, keep your heating system in good condition. Here are some health and safety tips for caring for a gas, forced air furnace. Consult your owner's manual or a furnace repair







technician for specific information on maintaining your heating system. Consider having a professional check your furnace annually for:

- Safety - gas furnaces are generally safe, but they can create carbon monoxide—a deadly odorless gas;
- Energy Efficiency – like a well-tuned car, a well-tuned furnace uses less fuel; and
- Convenience – a check-up can keep you from waking up in the middle of the night to find the house cold.

Also, know how to maintain your furnace. The owner's manual usually explains how to clean or replace filters and do other maintenance. You'll also find trouble-shooting tips that may save service calls. If you do not have an owner's manual, contact the manufacturer or a local dealer and ask to purchase one. In addition, make sure to:

- Check the filter(s) every month during the heating season and change or clean filters regularly. Your furnace has one or two filters that clean the air as it goes through the system. When the filters get dirty, less air can get through, so your furnace has to work harder. Some filters can be cleaned by running them under water; others need to be replaced.
- Leave the house immediately and call the gas company from a neighbor's home, if you suspect a gas leak.
- Follow the gas company's instructions. If gas is leaking, any open flame such as a pilot light or a spark from an electronic ignition on the furnace or water heater could cause an explosion.

### HR Complex gets lighting upgrade

The Finance and Administration Cabinet is currently working to upgrade equipment in the CHR Complex to more energy efficient products. This project will be going on for the next year. One planned activity is the replacement of all light fixtures in the CHR Building. As a part of this work, the contractor must also redo these lights' electrical wiring.



The replacement of light fixtures will begin tonight on the 6th floor. All work will be done between 5 p.m. and 3 a.m. The light replacements will be done a circuit at a time. This means that all the lights on the circuit will be turned off each night during the specified times. The electric for the lights are separate from the power poles so your computer should not be impacted unless they accidentally turn off the wrong circuit.

There has not been a timeline published for how long it will take to complete the work on the 6th floor. This is the test floor, which will tell us what to expect on the others. Please note that once the light replacements begin, staff **will not be** allowed to alter the lights until the job is complete for a specific area. This is because once an area is complete, the Energy Service Company must measure the total number of replaced lamps to determine the electrical usage for the specific area. This usage will be compared to the previous (before replacement) usage and the energy savings will be the difference between the two. The energy savings will then be reconciled against the guaranteed savings in the ESPC contract.

The Division of Facilities Management is monitoring this project. Staff should please contact Andrew Bland of this division if they notice any problems regarding this project.

### CHFS Spotlight: Dr. William Hacker, Acting Commissioner of the Department for Public Health

*By Gwenda Bond, Division  
of Communications*

Dr. William Hacker is the Acting Commissioner of the Department for Public Health, and he says that he feels honored to "lead this wonderful organization as we strive to implement the vision of Governor Fletcher and Secretary Holsinger to improve and protect the health of Kentuckians."





He oversees the daily operations of the Cabinet's public health department, including such diverse areas as public health preparedness, maternal and child health, chronic disease programs and keeping in touch with the state's network of local health departments and many more.

"I have nearly 4 million patients in my practice today," Dr. Hacker said. "Not only does Public Health provide essential clinical services to thousands of individuals and families across the state, but we also protect the public by enforcing various environmental regulations for food, septic systems, mammography equipment, to name just a few, and through many other activities and programs. Every day is like working the emergency room, with never a dull moment."

A Clay County native, Dr. Hacker received a Bachelor of Science degree in 1968 and Doctor of Medicine degree in 1972 from the University of Kentucky. Following a three-year residency in pediatrics at the UK Chandler Medical Center, in 1975 he founded Corbin Pediatric Associates in Corbin.

Dr. Hacker continued in private practice in Corbin until 1993 when he accepted the position of Vice President for Health Services at Appalachian Regional Healthcare (ARH) and moved to the corporate headquarters in Lexington. He left ARH in 1999 to serve as the Medical Director of Kentucky Health Select within the CHA Health organization. He said he misses clinical practice, but knows he made the right decision for himself in leaving it for other opportunities to impact people's health.

"I truly loved clinical practice, but I also enjoyed participating on various councils and committees that dealt with health policy issues. Over time I realized I found great satisfaction in addressing broad public health issues and providing organization leadership. Eventually, I accepted an offer to move full time into the administrative side of medicine."

In 2001, Dr. Hacker joined the Kentucky Department for Public Health as a physician consultant in the Division of Adult and Child Health. Dr. Hacker transferred to the Division of Epidemiology as Branch Manager of the newly

formed Public Health Preparedness Branch following the attacks of September 2001. In September 2003, he was also appointed as the Acting Director of the Division of Laboratory Services.

He was appointed Acting Commissioner of Public Health by Secretary James W. Holsinger on July 1, 2004.

Dr. Hacker is Board Certified by the American Board of Pediatrics and is a Fellow in the American Academy of Pediatrics. He is also a Certified Physician Executive (CPE) and a member of the American College of Physician Executives. He holds an appointment at the UK College of Medicine as an Associate Clinical Professor in the Department of Pediatrics.

When Dr. Hacker's not working, he devotes his spare time to being with his family. "My wife and I have three children—all of whom are married—and four grandchildren. Two couples live in Lexington and one couple lives in Corbin. We visit often. That's how I recharge my battery."

#### **CHFS Spotlight: New OIG Division Focuses on Suspected Welfare Fraud, Waste and Abuse**

CHFS' Office of Inspector General (OIG), among other things, detects, prevents and investigates fraud, waste and abuse in the Medicaid program and all other public assistance programs administered by CHFS. OIG works closely with federal and state government agencies such as the federal Department of Health and Human Services, Federal Bureau of Investigation, federal OIG, the U.S. and Commonwealth's Attorneys, the Kentucky State Police, the Justice Cabinet and the Kentucky Attorney General's Office.

OIG was recently reorganized into five divisions: Health Care Facilities and Services; Regulated Child Care; Special Investigations; Audits and Detection; and the newest addition, Fraud, Waste and Abuse---Identification and Prevention.

"The newest division was specifically created to address Governor Fletcher's and Dr. Holsinger's focus on preventing and detecting waste, fraud and abuse," said Robert J. Benvenuti, III,



Inspector General, Cabinet for Health and Family Services.

The Division of Fraud, Waste and Abuse (DFWA) has three branches: Medicaid Provider and Third Party Compliance, Programs Enforcement, and Drug Enforcement and Professional Practices (formerly located in the Department for Public Health). It also includes the former Division of Program Integrity that was formerly located within the Department for Medicaid Services. It was designed with growth in mind as CHFS increases its overall efforts related to identifying and preventing fraud, waste and abuse.

Acting DFWA Director Zach Ramsey and his staff of 27 work diligently every day to identify and prevent fraud, waste and abuse in the Medicaid program and all other welfare programs administered by CHFS.

They focus on the involvement of third parties in this process, such as insurance carriers, other government health care payors and pharmaceutical manufacturers. Besides serving as the immediate liaison to the Medicaid and welfare program agencies within CHFS, DFWA is the primary intelligence and referral source to special investigative and enforcement functions within OIG and outside law enforcement agencies. In addition, this group brings in money for the state coffers at a time of fiscal austerity when every penny counts.

DFWA examines the use of Medicaid funds by health care providers and welfare recipients and notifies OIG of all administrative compliance and enforcement issues, including recovery of funds and payment edits. The division is the first link in coordinating fraud and abuse investigations by OIG and law enforcement. In FY04, the Utilization Review Branch collected \$4.5 million, over \$1 million more than in FY03. The first two months of FY05 have already yielded \$1 million. Another \$800,000 was recovered from pharmacy claim adjustments and recoupments for those same two months this fiscal year.

The division also does specialized recovery and cost avoidance such as monitoring old Medicaid debts and accounts receivable, and all third party liability recovery and cost avoidance. The

Medicaid Provider and Third Party Compliance Branch brought in \$34.5 million in FY04, an increase of over \$10 million from FY03. During the first two months of this fiscal year \$10.2 was recovered, indicating a projected total for this year of \$60 million.

DFWA administers the KASPER (Kentucky All Schedule Prescription Electronic Reporting) program and uses this database for all purposes under the law to maximize the potential for this monitoring system. KASPER is undergoing significant electronic enhancements to make it a real time, web-based system to access and retrieve data, all of which must be done while the existing system operates uninterrupted. Since the division was created the backlog of KASPER requests has dropped from a three-month waiting period under the existing paper-based system to 6-8 hours, while maintaining the enhancement schedule. Specialized regulatory enforcement involving the dispensing of controlled substances in the commonwealth is also among the division's functions, along with providing policy analysis and recommendations for CHFS programs.

The Drug Enforcement and Professional Practices Branch, which houses the KASPER system, has a specialized staff of pharmacists and certified peace officers who investigate and consult with law enforcement to prevent the diversion of prescription or controlled substances through KASPER.

"I am proud of our work, as the Medicaid Program Integrity Division and with the transition to our expanded duties within the OIG," said Ramsey. "We are committed to identifying, avoiding payment, and recovering all money owed the state through Medicaid and other welfare programs -- and being a primary referral source and liaison for other investigative and auditing functions within OIG, and law enforcement," he said.

"In the future, we hope to expand the division to include staff who have experience in programs, know the system and have seen things they would like to correct to prevent misuse of these important programs."

All citizens should continue to report instances of Medicaid and welfare fraud through the OIG toll-free hot line (800) 372-2970.

### **ID Badge Safety Tip**

To ensure a safe and healthy workplace for all employees, CHFS needs your commitment and involvement. Every employee must wear their assigned security badges at all times. The badges not only help us identify unauthorized personnel or visitors in working areas, they can be vital during emergency situations.



### **Employee Enrichment**

By Anya Armes Weber



Employee Enrichment is a weekly feature for CHFS staff. These tips for making work better will focus on team building, customer service and personal development.

It only takes a few moments: Take the time to give your fellow employees a pat on the back by recognizing their accomplishments. Recognize when a job – even a routine one that is rarely noticed -- has been done well. Thank the person and recognize the achievement. Nothing improves personal attitude and office morale and promotes initiative more than positive words among coworkers.

---

### **Visit us online!**

To view the online version of CHFS Focus, visit our web site at <http://chfs.ky.gov/newsletter>.